

Increasing Community Knowledge About Preventing Stunting and Making Additional Food in Cikurubuk Village, Buahdua District 2024

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ABSTRACT

Stunting is a problem of nutrition and growth and development in children in Indonesia that has not been resolved optimally. Cikurubuk Village is the 2023 stunting locus in Buahdua District with an incidence rate of 0.8%. The implementation of this community service aims to increase community knowledge about stunting and increase community knowledge about fulfilling nutritious supplementary food as an effort to prevent stunting. This community service activity was carried out in January 2024. The focus of this community service activity is increasing public awareness about stunting and efforts to prevent it through providing additional food for toddlers and children. The community carried out a pre-test before providing counseling with the aim of getting a picture of community knowledge about stunting and providing additional food. Counseling is carried out offline, including counseling about stunting and efforts to prevent stunting and PMT as well as training in making additional food made from local and nutritious ingredients for toddlers and children. The community took the post test again after being given the counseling with the aim of finding out a picture of the community's knowledge after being given the counseling. As a result, after being given counseling, public knowledge about stunting and complementary foods increased. This activity went smoothly and the community was very enthusiastic about listening to the outreach. Participants in this counseling were cadre mothers and teenagers totaling 50 people.

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INTRODUCTION

Stunting is a global problem because of its consistently high prevalence. In developing countries, including Indonesia, the incidence of stunting is higher, but in 2023 the prevalence of stunting in Indonesia will decrease to 21.6% from 24.4%, this is due to the incidence of low hemoglobin levels in the blood, underweight at birth, malnutrition. poor health and body length that is not appropriate for age are nutritional problems that are often encountered. Data on the prevalence of stunting toddlers collected by WHO, Indonesia is in third place with the highest prevalence of stunting in the Southeast Asia region, the average prevalence of stunting toddlers in Indonesia in 2005-2017 was 36.4% (WHO, 2018). The prevalence rate of stunting in Sumedang district is still above the World Health Organization (WHO) stunting rate limit of 20%. Based on the electronic report on community-based nutrition recording and reporting (e-PPGBM) in August 2023, the incidence of stunting in Sumedang decreased from 8.17 to 7.96. Five years, the stunting prevalence rate in Sumedang fell from 32.2% in 2018, to 8.27% in 2022 and 7.89% in 2023

According to Lokus Prioritas, Buah sub-district is two sub-districts with one of the villages experiencing an increase in the number of children with stunting, namely the village, Cikurubuk. Data collected by the Buah Dua and Hariang Community Health Centers in 2023 revealed data that the prevalence of stunting in Buah Dua District reached an increase of 0.8% from 4 stunted children in 2022 and increased to 8 stunted children in 2023. Cikurubuk Village is a village that Most of the population is engaged in farming and gardening, almost everyone in every house has a fish pond, but the pond acts as a waste tank so that fish cannot be consumed even though the protein content in fish is very high which can prevent stunting. Apart from farming and gardening, there are MSMEs in the form of opak producers and banana sales which are improving the economy in the village. The implementation of the posyandu in Cikurubuk village is according to schedule but in making PMT the provision of additional food is still not optimal in its manufacture because it is not made from local ingredients and the preparation is not varied which makes toddlers and children do not like it so that nutrition for toddlers and children is not fulfilled optimally, especially fish for children. Children do not like to consume fish in the form of fish. Based on the data received, training on making catfish nuggets was appointed, where catfish contains a lot of protein which can prevent stunting.

Stunting is a chronic condition that describes stunted growth due to malnutrition over a long period of time. Stunting in children is the main indicator in assessing the quality of human resources in the future. Growth disorders. Growth disorders suffered by children at the beginning of life can cause permanent damage (Anisa, 2012). Stunted growth is a characteristic of stunting, characterized by the condition that height or body length compared to age is at -2 SD (Manary & Solomon, 2009).

In areas with high levels of poverty, the incidence of stunting generally begins when toddlers reach the age of 6 months and its manifestation is seen at the age of 2-3 years of life and continues at the age of 18 years (Sudirman, 2008. Hurlock (2009) states that the risk factors for stunting are There are several aspects of parenting that play a role, one of which is the personality of parents. Each parent is different in their attitude and care for their child, maturity of character, patience, energy and intelligence. This influences the parent's reliability in carrying out demands their role in the family, especially in their sensitivity to children's needs.

WHO divides the risk factors that cause stunting in children into 4 large categories, namely family and household factors, inadequate supplementary and complementary foods, breastfeeding and infection. Family and household factors include maternal factors in the form of inadequate nutrition during preconception, pregnancy and lactation. Inadequate complementary food factors are divided into 3, namely low food quality, incorrect delivery methods and poor safety of food and drinks. Additional food or complementary food for breast milk is also an important factor in preventing stunting. The PMT given must contain the nutritional elements needed by the baby for optimal growth and development. Based on the needs analysis carried out in Cikurubuk Village, one of the efforts that can be made to reduce the prevalence

rate of stunting is to increase community knowledge about stunting and providing additional food correctly and with variety is one way to prevent stunting.

METHOD

This community service activity was carried out offline in Cikurubuk Village, Buah Dua District, Sumedang on January 28 2024. The targets of this community service are female cadres and teenagers in Cikurubuk Village. In carrying out community service through direct (offline) meetings, the methods used are counseling and discussion as well as making catfish nuggets. This outreach activity begins with conducting a pre-test, then continues with counseling on the first material about stunting for 20 minutes and the second material about complementary foods for breast milk for 20 minutes. After providing the material, the community held discussions with related resource persons. At the end of the outreach event, participants carried out training in making temped nuggets and then carried out a post test with the aim of finding out the effectiveness of the outreach activities on community knowledge about stunting and providing additional food. Community enthusiasm can be seen from the presence of the community during the counseling and discussions during the activities.

The stages of community service activities to increase community knowledge about stunting and preventing stunting by making catfish nuggets consist of planning, implementation and evaluation with the following description:

1. Planning stage

Preparations for this community service activity have been carried out since January 2024, including:

- Communication with the Cikurubuk village head and requesting permission to carry out community service. This stage was carried out smoothly because the Cikurubuk village head agreed with the problems and obstacles felt by the community related to stunting.
- The needs analysis was carried out by holding an audience with the Tanjungwangi village head and village midwife, as well as cadres regarding the counseling needs needed by the Cikurubuk village community regarding stunting conditions in Cikurubuk village.
- Conduct a literature review regarding stunting and efforts to prevent stunting through the provision of additional food
- Coordinate with the village head, village midwife and cadres regarding scheduling and implementation of counseling.

2. Implementation stage

The implementation of this program is carried out through offline counseling including:

- The pre-test was carried out before the counseling began with the aim of finding out a picture of the community's knowledge about stunting and supplementary feeding before being given the counseling material. The pre-test was carried out by distributing an online questionnaire about knowledge of stunting and complementary foods with five question items to the community who attended the counseling.
- b. Providing the first counseling material regarding the concept of stunting which lasted 20 minutes. The material presented includes the definition, causes, characteristics, effects and efforts to prevent stunting. The media used in this counseling is in the form of PowerPoint which can be easily accessed by all people who attend the counseling, because it is distributed via WhatsApp.



FIGURE 1. Stunting Education

- Providing second counseling material regarding the provision of additional food as an effort to prevent stunting, which lasted for 20 minutes. The material presented included food consumption patterns to prevent stunting, menus for complementary foods for breast milk and the keys to healthy children. The media used in this counseling is in the form of powerpoint which can be easily accessed by all people who attend the counseling, because it is distributed via WhatsApp



FIGURE 2. Additional food products

3. . Evaluation stage

At the post test evaluation stage which was carried out after the counseling was completed with the aim of finding out the effectiveness of providing health education through counseling on public knowledge about stunting and making catfish nuggets, the post test was carried out by distributing an online questionnaire about knowledge of stunting and complementary foods with five question items to people who attend counseling. In the final session, a discussion session was also opened with two resource persons and certificates were given to the two resource persons. In the final counseling session, the community said that the material was quite clear and easy to understand. Discussions with village midwives and cadres also discussed the strengths, weaknesses, development opportunities and challenges that arise in implementing the extension material. There were no significant obstacles that occurred during the first extension event.

RESULTS AND DISCUSSION

The community service program in Cikurubuk village in an effort to increase community knowledge about stunting and providing additional food has been running well with the following activities:

1. Counseling about stunting

This outreach activity was carried out on January 28 2024 at the Cikurubuk Village Hall, Buah Dua District, 50 participants took part in this activity, consisting of the Cikurubuk village community, village midwives, and cadres and teenagers. The first counseling starts at 09.00 until finished WIB. Extension is an activity to spread messages with the aim of increasing knowledge. Another aim of extension activities is to influence good behavior in individual groups (Anggraini, 2020). Outreach activities about stunting and nutrition to the community are one form of way to prevent stunting (Ministry of Health of the Republic of Indonesia, 2018). This activity was carried out to increase public knowledge about stunting and complementary foods for breast milk as an effort to prevent stunting

2. Counseling about stunting was the first material presented.

The public is invited to equalize their perception of what stunting is. Stunting is a condition where a child's growth and development is disturbed and is not appropriate to that of children his age. The community was also given material regarding the causes of stunting, including inadequate nutrition from the womb until the age of 2 years, lack of knowledge about nutrition during pregnancy and nutrition in children. Apart from the causes of stunting, people also need to know the characteristics of stunting, including slowed physical growth, poor performance on tests and learning memory, delayed tooth growth, faces that look younger than their age, and signs of slowed puberty.

This counseling about stunting also provides an overview of the consequences and effects of stunting on children. The consequences and effects on children are obstacles in physical development, a decrease in cognitive function and difficulty in achieving, they are easily exposed to infectious diseases and are at risk of developing chronic diseases, and children's self-confidence decreases due to their lack of height. In the first counseling material, stunting prevention was also discussed, which provided a common thread related to the second material regarding nutrition in complementary foods for breast milk as an effort to prevent stunting. The community looked enthusiastic and interested when the resource person provided the first outreach material.

3. Counseling on Supplementary Feeding

This outreach activity was carried out on January 28 2024 at the Cikurubuk Village Hall, Buah Dua District, 50 participants took part in this activity, consisting of the Cikurubuk village community, village midwives, and cadres and teenagers. The second counseling starts at 10.30 WIB. The public is given an understanding of the challenges of consumption patterns to prevent stunting, including consumption behavior that lacks macro nutrients, lack of animal protein, lack of vegetables and fruit, lack of micro nutrients, IMD practices, 6 months of exclusive breastfeeding, and MPASI. Several menus which are additional food are also provided in this counseling which are adapted to the potential in Cikurubuk village. There are 2 types of PMT in providing additional food, namely recovery PMT and counseling PMT. Recovery PMT is only consumed by toddlers with poor nutrition and as an additional food, not as a substitute for the main meal. Recovery PMT has 3 aspects: rehabilitation, counseling and community participation. PMT counseling is additional food given to toddlers provided by posyandu cadres, nutritious food for toddlers once a month during posyandu activities, the aim of PMT counseling is to provide outreach to toddlers about good food to give to toddlers. The keys to success that must be achieved by mothers in Cikurubuk village as an effort to prevent stunting include: prospective mothers planning when their family will consume balanced and safe nutritious food; regularly take iron and folic acid tablets without fail; preparing for "ASI SUCCESS"; pregnancy checks according to schedule; mother giving birth in a health facility; Quality Early Breastfeeding Initiation (IMD); the mother provides exclusive breast milk for a full six months, and complementary foods for breast milk (MP-ASI) when the baby is exactly six months old with a varied food menu; carry out baby health checks; Mom is diligent in telling stories and joking with the baby; consume drinking water that is healthy, safe and free from

contamination; using latrines and septic tanks; and implementing Hand Washing with Soap (CTPS). The public looked enthusiastic and interested when the resource person provided the second outreach material.

4. Community knowledge about stunting and complementary foods for breast milk

At this stage, the level of community knowledge was measured before and after providing education about stunting and complementary foods. Showing the level of community knowledge before being given education about stunting and complementary foods. Most people have low knowledge, namely 33%, Shows the level of community knowledge after being given education about stunting and providing additional food. Most people have low knowledge, namely 35%, medium knowledge 30%, and high knowledge 40%. These data reveal that there has been an increase in the knowledge of the Cikurubuk Village community after being given stunting education and additional food. In line with other studies which reveal that there are differences in the level of knowledge before and after stunting education (Wahyuni, Sahrijani and Zentriani, 2019). The effectiveness of health education or counseling activities is also proven by research by Arsiyati (2019) which states that there is an influence on increasing knowledge about stunting before and after being given counseling interventions.

CONCLUSIONS AND RECOMMENDATIONS

Community service activities in Cikurubuk Village, Buah Dua District went well in two outreach sessions, namely counseling about stunting and counseling about Providing Additional Food. This activity received a positive response from the community and provided new knowledge for the community. They stated that they could get a lot of information and knowledge about stunting and complementary foods for stunting prevention efforts. Village midwives and cadres will provide this new information and knowledge to the entire community, especially to communities who are unable to participate in counseling activities. The community's post test results also showed an increase in knowledge after the community was given counseling. There were no obstacles during the implementation of this community service activity. The community hopes that there will be another outreach session regarding new and relevant material to the conditions of Tanjungwangi Village.

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